

Tips for Talking to Your Epilepsy Team



Your care starts with YOU!

- Bring someone to take notes



- Prepare questions in advance
- Share your goals

Provide...

- Seizure types, how often & how long
- Medications & side effects
- Triggers & other health concerns
- Current seizure response plan



- Be open and honest
- Know your care team
- Be an advocate, not a bystander

